

## **Saito Sensei's 20 Jo Suburi**

### **Tsuki Series**

- 1. Choku tsuki** - Direct (front) thrust
- 2. Kaeshi tsuki** - Return (spiral) thrust
- 3. Ushiro tsuki** - Thrust to the rear
- 4. Tsuki gedan gaeshi** - Thrust with low return strike
- 5. Tsuki jodan gaeshi uchi** - Thrust with high return strike

### **Uchikomi Series**

- 6. Shomen uchikomi** - Front strike, with stepping back
- 7. Renzoku uchikomi** - Continuous front strikes
- 8. Menuchi gedan gaeshi** - Front strike, low return strike
- 9. Menuchi ushiro tsuki** - Front strike, thrust to the rear
- 10. Gyaku yokomen ushiro tsuki** - Reverse side head strike, thrust to the rear

### **Katate Series**

- 11. Katate gedan gaeshi** - One handed strike, low to high
- 12. Katate toma uchi** - One handed far-reaching strike
- 13. Katate hachi no ji gaeshi** - One handed figure "eight" strike

### **Hasso Gaeshi Series**

- 14. Hasso gaeshi uchi** - Eight direction return, front strike
- 15. Hasso gaeshi tsuki** - Eight direction return, front thrust
- 16. Hasso gaeshi ushiro tsuki** - Eight direction return, thrust to the rear
- 17. Hasso gaeshi ushiro uchi** - Eight direction return, strike to the rear
- 18. Hasso gaeshi ushiro harai** - Eight direction return, sweep to the rear

### **Nagare Series**

- 19. Hidari nagare gaeshi uchi** - Flowing to the left, front strike
- 20. Migi nagare gaeshi tsuki** - Flowing to the right, front thrust